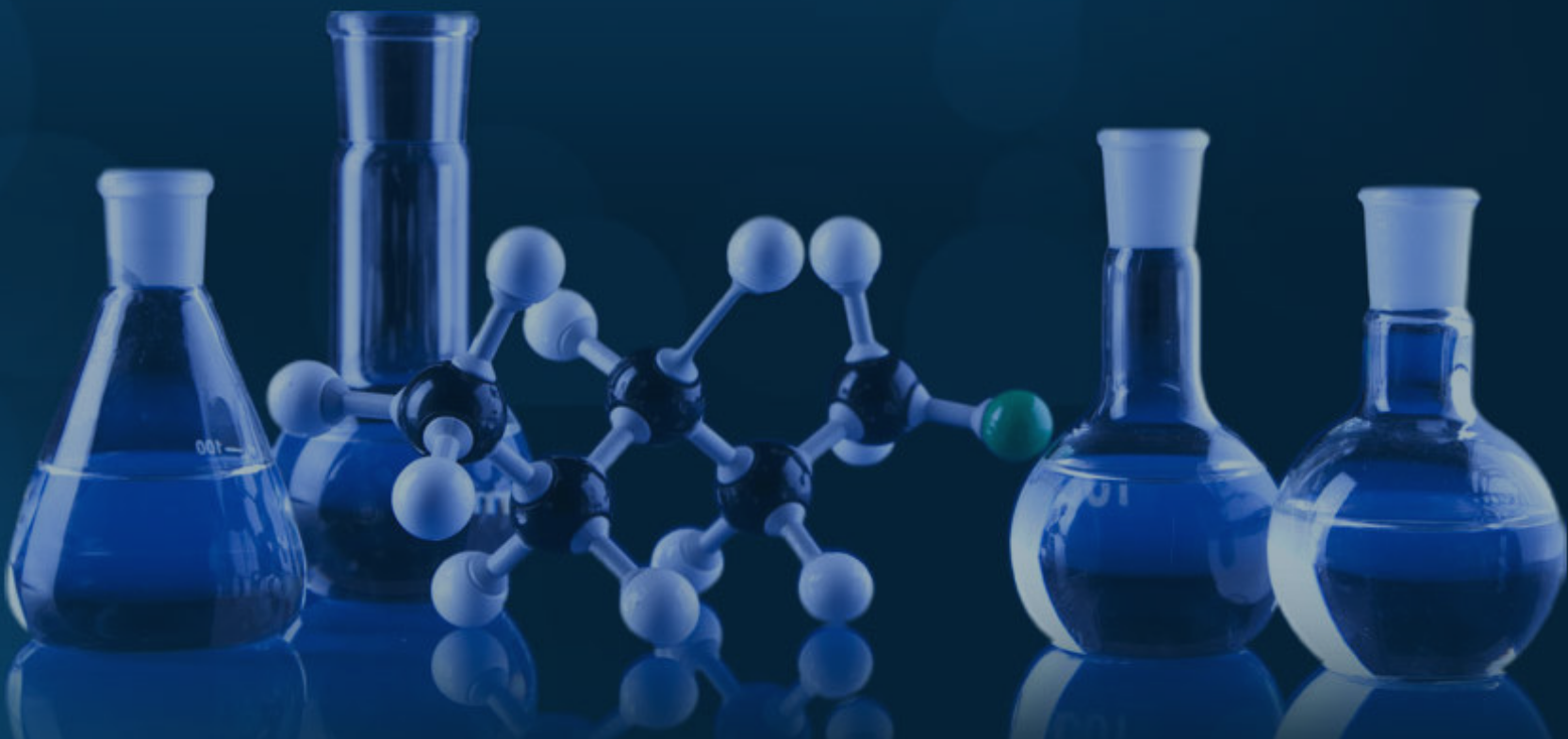




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



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Copper

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Sources Of Copper

Seafood -	oysters, crabs, bluefish, perch, lobster
Meats -	veal, duck, lamb, pork, beef liver and kidneys
Nuts/seeds -	almonds, pecans, walnuts, filberts, brazil nuts, sesame, sunflower, pistachio
Vegetables -	soybeans
Grains -	wheat germ and bran
Miscellaneous -	yeast, gelatin, bone meal, corn oil, margarine, mushrooms, chocolate
Other sources -	copper water pipes, copper sulfate added to drinking water, copper compounds used in swimming pools, mineral supplements (especially prenatal vitamins), copper cookware and tea kettles, birth control pills, copper intrauterine devices, vegetarian diets, stress, exhaustion of the adrenal glands

Many children are born today with excessive copper levels passed to them from their mothers in utero.

Roles In The Body

- Energy production
- Female reproductive system
- Blood formation

Functions Of Copper

Circulatory -	structure of blood vessels, aorta and heart muscle
Blood -	formation of hemoglobin
Nervous -	maintenance of the myelin sheath on nerves
Reproductive -	essential for fertility, menstrual cycle
Endocrine -	synthesis of stimulatory neurotransmitters
Muscular/skeletal -	bone and connective tissue structure
Immune system -	necessary for the immune system
Integumentary -	needed for skin, hair, nails and pigments
Energy -	energy production (the electron transport system)

Synergetic Nutrients

Absorption - proteins

Antagonistic Nutrients

Absorption - zinc, manganese, iron, calcium, molybdenum, sulfur, mercury, cadmium, vitamin C
Utilization - zinc, vitamin C, vitamin B6, sulfur, molybdenum, manganese, iron

Hair Analysis Notes

- Bio-unavailable copper: Often copper status can be tricky to assess. Copper may be present, but unavailable for use in the body. This occurs any time adrenal gland activity is low.
- Copper and Oxidation Type: Fast oxidizers generally are deficient in copper, while slow oxidizers usually have either high copper or bio-unavailable copper.
- Hidden Copper Toxicity: Copper is often normal on hair tests, but may actually be locked in body tissues. Test indicators of a hidden copper imbalance are:
 - Calcium level greater than 75 mg%
 - Potassium level less than 3 mg%
 - Sodium/potassium ratio less than 2.2:1
 - Mercury toxicity often indicates a hidden copper toxicity
 - Copper level less than 1.0 mg%
 - Zinc/copper ratio less than 6:1

Reasons For Supplementation With Copper

- to raise a low sodium/potassium ratio
- to enhance retention of calcium in tissues

*This material is for educational purposes only
The preceding statements have not been evaluated by the
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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